



New Staff members

Please welcome our new staff members who started with us recently in both our medical and administration teams:

Dr Saira Jawaid (General Practitioner),
Kateryna McCabbe (Health Care Assistant),
Jordan Paraskevopoulos (Admin/Support
Officer).

We wish them all the best in their new roles.



Have you signed up to the Electronic Prescription Service (EPS)?

EPS allows GP Practices to send prescriptions electronically to a pharmacy of the patient's choice. This makes the prescribing and dispensing process more efficient and convenient for patients and staff.

The benefits of EPS are that:

- prescribers can process prescriptions more efficiently and spend less time dealing with prescription queries
- dispensers can reduce use of paper, have improved stock control, and provide a more efficient service to patients
- patients can collect repeat prescriptions from a pharmacy without visiting their GP, and won't have a paper prescription to lose

All you have to do is to call or visit Derby Road Health Centre and nominate your chosen pharmacy.



PATIENT PARTICIPATION GROUP (PPG)



We have a small but active patient group and are always looking for new members, especially from among younger patients. By young, we mean under 50! The group consists of a number of patients, together with representatives of the practice.

The group aims to meet approximately 6 times a year to discuss patient needs, views and experiences, together with the services that DRHC provides. We are constantly looking at different ways to improve the patient experience and this forum gives the group the opportunity to have their say, to respond to consultations and to offer suggestions for improvement.

The group is a member of NAPP, the National Association for Patient Participation, and are looking at new ways to develop the group in support of patients and working towards improved communication between patients and the practice.

Your commitment would be purely on a voluntary basis and you may give as little or as much time as you wish! We also welcome members who are not able to make meetings in person but can contribute by e-mail. Why not join us and let us know what you think of DRHC and wider health service developments, whether positive or negative? If you are interested, please contact the PPG Chair, **Rob Kirkwood** on **07855151658** or via e-mail to **rsmkirkwood@gmail.com**; alternatively please leave your contact details with reception.



Our Contact Details:

Derby Road Health Centre
336 Derby Road, Lenton,
Nottingham NG7 2DW

Tel: 0115 89 65001
www.drhc.org.uk
ncccg.contact-drhc@nhs.net

new

Did you know Boots pharmacy next to our Surgery is now open Saturdays 09:00-5:00



Self check in

DRHC encourage patients to use the self-check in screen to avoid lengthy queues at reception

Extended Hours



Derby Road Health Centre opens at 7am two mornings per week every Monday and Friday to provide early GP appointments .

Opening Times

7am Mon & Fri

Monday	07:00 - 18:30
Tuesday	08:00 - 18:30
Wednesday	08:00 - 18:30
Thursday	08:00 - 18:30
Friday	07:00 - 18:30
Weekend	closed



Are you a Carer?

Please inform reception and pick up a carer's pack.

Wellbeing-Self help

Do you suffer from health issues and/or feel alone or isolated? Or just want to improve your physical and mental health and meet other people with similar problems? You can find a variety of activities in our local area aiming to support you in health and wellbeing issues such as weight management, fitness, smoking cessation and social isolation, as well as support with depression, anxiety, cancer, strokes and other health issues. In the websites below everyone can find activities to suit their personal needs

**nottshelp
yourself
.org.uk**

[https://
www.nottshelpyourself.org.uk](https://www.nottshelpyourself.org.uk)

Notts help your self is County Council's website which is designed to help people find information about a whole range of organisations and services including:

- * activities, groups and events in your local community
- * childcare providers
- * support for children and young people aged 0 – 25 with a special educational need and / or a disability
- * health and social care information and support for adults and children
- * workplace health schemes.


self help uk

[https://www.selfhelp.org.uk/](https://www.selfhelp.org.uk)

Self Help UK is the leading specialist organisation in promoting, supporting and encouraging Self Help Groups, both locally in Nottinghamshire and nationwide

Self Help groups enable people to take better control of their circumstances or conditions, gain strength and support from others, and improve their self-care.

Wellbeing prescription

In DRHC we have issued a leaflet called **Wellbeing prescription** which includes a list of local area activities' providers aiming to support people with health issues. Everyone is welcome to pick a leaflet from the Reception

Summer holiday advice



- Get your child to wear a floppy hat with a wide brim that shades their face, ears and neck.
- Protect your child's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the CE mark – check the label.
- If your child is swimming, use a water-resistant sunscreen of factor 15 or above. Sunscreen should be reapplied straight after you have been in water – even if it's "water

Sun safety for children

Exposing babies and children to too much sun may increase their risk of skin cancer later in life.

Sunburn can also cause considerable pain and discomfort in the short term.

Babies under the age of 6 months should be kept out of direct strong sunlight.

All other children should have their skin protected from March to October in the UK.

Tips to keep you child safe in the sun

- Encourage your child to play in the shade
- Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 15 or higher and protects against UVA and UVB.
- Be especially careful to protect your child's shoulders and the back of their neck when they're playing, as these are the most common areas for sunburn.
- Cover your child up in loose cotton clothes, such as an oversized T-shirt with sleeves.



How to apply sunscreen

Most people do not apply enough sunscreen.

As a guide, adults should aim to apply around:

- 2 teaspoons of sunscreen if you're just covering your head, arms and neck
 - 2 tablespoons if you're covering your entire body while wearing a swimming costume
- If sunscreen is applied too thinly, the amount of protection it gives is reduced.

You can find all information at:

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

SignpostingHealth

Learn more about our innovative programme

<https://www.signpostinghealth.com/>



The SignpostingHealth programme was developed by the Nottingham City General Practice Alliance (NCGPA) which is a federation of 47 GP Practices in Nottingham City part of which is both Derby Road Health Centre and Grange Farm Medical Centre.

People are living longer and are developing more complicated illnesses; which is putting pressure on health care services such as your local GP surgery. This increasing number of patients also means it can be hard to get an appointment with your GP as quickly as you would perhaps like.

For some symptoms, patients may be able to self-care or go directly to the service they require, without the need for seeing their GP. But given the volume of services available, how is the patient to know how to access them or indeed which one they need?

SignpostingHealth has been developed specifically to address this. It involves specialist training of GP Surgery reception and clerical teams, so that they can become 'signposters'. As a 'signposter', they are trained to ask you, the patient, about your condition and then provide information on any services or self-care sources that you may be able to access for your symptoms.



Health street is a new component of the Signposting Health programme. It is a patient education video programme. aiming – to provide you, the patient, with information that may assist you in getting the help that you require, first time.

Video #1: Why can't I get a GP appointment? <https://vimeo.com/341325851>

Video #2: Treating a Cold . <https://vimeo.com/310541625>

How to use *your health services*

There are a range of healthcare services available to help you find the right expert care to meet your needs. Choosing the service most appropriate to your symptoms means you get the right treatment in the right place.



Choking.
Chest pain.
Suspected stroke.
Blacking out.
Severe bleeding.

For symptoms of serious illnesses and major accidents, choose **A&E (Accident & Emergency)**.



Cuts.
Sprains.
Rashes.
Minor fractures.

For trips, falls, skin complaints and minor injuries, choose **Walk-in Health Centre** or **Minor Injuries Unit** or **Urgent Care Centre**.



Vomiting.
Ear pain.
Feeling ill.

For infections and persistent symptoms or if your child has a high temperature, choose your **GP**.



Diarrhoea.
Minor infections.
Headache.
Bites and stings.

For tummy upsets, insect bites and stings, coughs and colds and travel advice, choose a **pharmacist**.



Unsure?
Confused?
Need help?

For absolutely any questions about your health, choose **NHS 111 service**.



Grazed knee.
Sore throat.
Cough.

For minor ailments, grazes, bruises and similar problems, choose **self-care**.

Sepsis Awareness

WORLD SEPSIS DAY INFOGRAPHICS

A GLOBAL HEALTH CRISIS



27 000 000 - 30 000 000 people per year develop sepsis



7 000 000 - 9 000 000 die - 1 death every 3.5 seconds



Survivors may face **lifelong** consequences

Infographic: 2/21



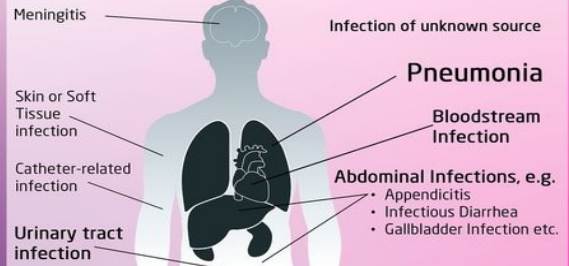
www.world-sepsis-day.org
www.global-sepsis-alliance.org

September 13 World Sepsis Day 2018

WORLD SEPSIS DAY INFOGRAPHICS

SOURCES OF SEPSIS

The Most Common Sources of Sepsis



Infographic: 3/21



www.world-sepsis-day.org
www.global-sepsis-alliance.org

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WORLD SEPSIS DAY INFOGRAPHICS

SYMPTOMS OF SEPSIS

These Symptoms Might Indicate Sepsis

Experiencing any of these symptoms? Contact your local hospital or physician immediately.



Slurred Speech or Confusion



Extreme Shivering or Muscle Pain / Fever



Passing No Urine All Day



Severe Breathlessness



It Feels Like You're Going to Die



Skin Mottled or Discolored

Infographic: 4/21



www.world-sepsis-day.org
www.global-sepsis-alliance.org

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WORLD SEPSIS DAY INFOGRAPHICS

RISK GROUPS

Everybody Can Get Sepsis - Certain People Are at Even Higher Risk



Children Under 1



Adults over 60



People with No Spleen



People with Chronic Diseases e.g. Lung, Liver, Heart



People with Weakened Immune Systems e.g. AIDS, Diabetes

Infographic: 6/21



www.world-sepsis-day.org
www.global-sepsis-alliance.org

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WORLD SEPSIS DAY INFOGRAPHICS

PREVENTION SAVES LIVES

Prevent Infection - Prevent Sepsis - Save Lives



Vaccination



Clean Water



Hand Hygiene



Prevent HAIs (Hospital-Acquired Infections)



Safe Childbirth



Awareness

Infographic: 7/21



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www.global-sepsis-alliance.org

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WORLD SEPSIS DAY INFOGRAPHICS

POST-SEPSIS SYMPTOMS

Sepsis Does Not End at Hospital Discharge



Sadness



Difficulty Swallowing



Muscle Weakness



Clouded Thinking



Difficulty Sleeping



Poor Memory



Difficulty Concentrating



Fatigue



Anxiety

Infographic: 10/21



www.world-sepsis-day.org
www.global-sepsis-alliance.org

September 13 World Sepsis Day 2018